

Workshops - MS 2010 Conference

Friday October 29

Registration & Exhibit Hall Open 5:45pm

Welcome and Introductions 6:45 - 7:00pm

7:00 - 8:30pm

Exercise - It's Good for More Than Just the Body

**- Emma Smith, MSC., BPE, CSEP-CEP
University of Calgary, Rehabilitation
and Fitness program**

We have all heard about the physical benefits of exercise but if you can't commit to a boot camp work out, can you still reap any benefits? Yes you can! Join Emma Smith from the University of Calgary's Fitness and Rehabilitation Program as she looks at the social & emotional benefits of exercise and dispels the myths of the "Buff Body".

Saturday October 30

Registration & Exhibit Hall Open 8:30am

9:00 - 10:00am - Morning Sessions (Choose A or B)

Session A: Traditional Chinese Medicine (TCM) approach to Treating MS
**- Dr. Xia Cheng M.D (China), Ph.D., R. Ac.
Chinese Medicine Physician**

TCM is an ancient medical system that has been practiced for thousands of years. It includes acupuncture and Chinese herbal medicine. TCM holds the view that the human body is a holistic organism in and of itself and as part of the universe.

It is important that the condition of the whole body as well as the effects of nature are all considered when making a diagnosis and establishing the principles of treatment. Harmony of the body, mind and spirit is emphasized during treatment. Discover what TCM may do for you.

Session B: Paper, Paper Everywhere - Money Mentors of Alberta

This is one of the most important, but often most ignored topics on our personal finances - getting it all organized. Learn what paperwork you should be keeping, where to keep it, how to organize it and how long to store it. You'll get practical tips and how to prepare for emergency situations.

10:00 - 10:45am - Break

Explore the Exhibit Hall. Coffee stations will be set up in all break out rooms and in the Exhibit Hall.

10:45 - 11:45am - Morning Sessions (Choose C or D)

Session C: Liberation Treatment: A Personal Perspective - Liz Semenik, Susan Schneider, Annette Matisz

This session will feature a three person panel; both individuals have undergone the Liberation procedure. How has this impacted their lives? Hear first hand about their experiences and their stories. There will be an opportunity to meet the presenters and ask questions.

Session D: Transitioning Through the Caregiving Experience - Carol Barwick

Transition is a time of great emotional turmoil. You are leaving the familiar and entering the unfamiliar as you move through different phases. Life will never be the same however, it can be good - only in a new way.

11:45am-1:00pm Box Lunch (provided)

Enjoy your box lunch and tour the Exhibit Hall.

1:00 - 2:00 pm - Afternoon Sessions (Choose E or F)

Session E: Mood disorders and MS - Dr. Jennifer Rodgers

Mood disorders are common in MS and are multi-factorial and complex. Mood and affective disturbances can cause enormous pain and suffering and lead to significant disruption of family, work, and social life. Learn how to identify, and manage mood and affective disturbances effectively. Coping techniques and strategies are available to help individuals and family members understand and live well in spite of these challenges.

Session F: The Impact of MS on Sexuality - Jeannine Christopherson RN (retired)

Sexuality and partnership have an important influence on the quality of life of every person. The findings in literature show high evidence that people with MS experience high levels of sexual dysfunction and also the partners show lower sexual and partnership satisfaction.

2:00 - 2:15pm - Break

2:15 - 3:15pm - Afternoon Sessions (Choose G or H)

Session G: Navigating the system: MS in Calgary - Jody Sheedy, Lynn Malone, Regional MS Case Managers Alberta Health

Individuals and families living with MS must find their way through a complex system of services and support. A case manager who understands the disease and the available services and supports can be of great value in finding the right service at the right time. This session will look at resources that are available to you here in Calgary.

Session H: Liberation Treatment: A Personal Perspective - repeat

4:00pm Exhibit Hall Closes

Registration Form

Name _____
Address _____
City / Prov _____ PC _____
Day Ph# _____ Other Ph# _____
Email _____

Register by PHONE, MAIL, FAX, WEBSITE

Registration Deadline: October 20, 2010

Cost \$50.00 MS Society Member
 \$75.00 Non-member
* Subsidies available

Payment Cash Cheque Visa MC AMEX
Card # _____ Expiry: _____

Choose from the following Workshop Sessions:

Friday October 29, 2010 7:00pm - 8:30pm

Exercise - It's for More Than Just the Body

Saturday October 30, 2010

Morning Sessions 9:00 - 10:00am

A: Traditional Chinese Medicine
 B: Paper, Paper Everywhere

Morning Sessions 10:45 - 11:45am

C: Liberation Treatment: A Personal Perspective
 D: Transitioning through the Caregiver Experience

Afternoon Sessions 1:00 - 2:00pm

E: Mood Disorders and MS
 F: Impact of MS on Sexuality

Afternoon Sessions 2:15- 3:15pm

G: Navigating the System
 H: Liberation Treatment (repeat)

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MS Conference

If you are attending the conference and staying at the Delta Hotel South the deadline to register for the hotel is September 22, 2010. If you are not staying at the hotel, the deadline for conference registration is October 20.

Delta Hotel Info

Remember to book your hotel reservations as soon as you register for our conference to ensure you get a room. There are a small number of fully accessible rooms available, so book soon if required.

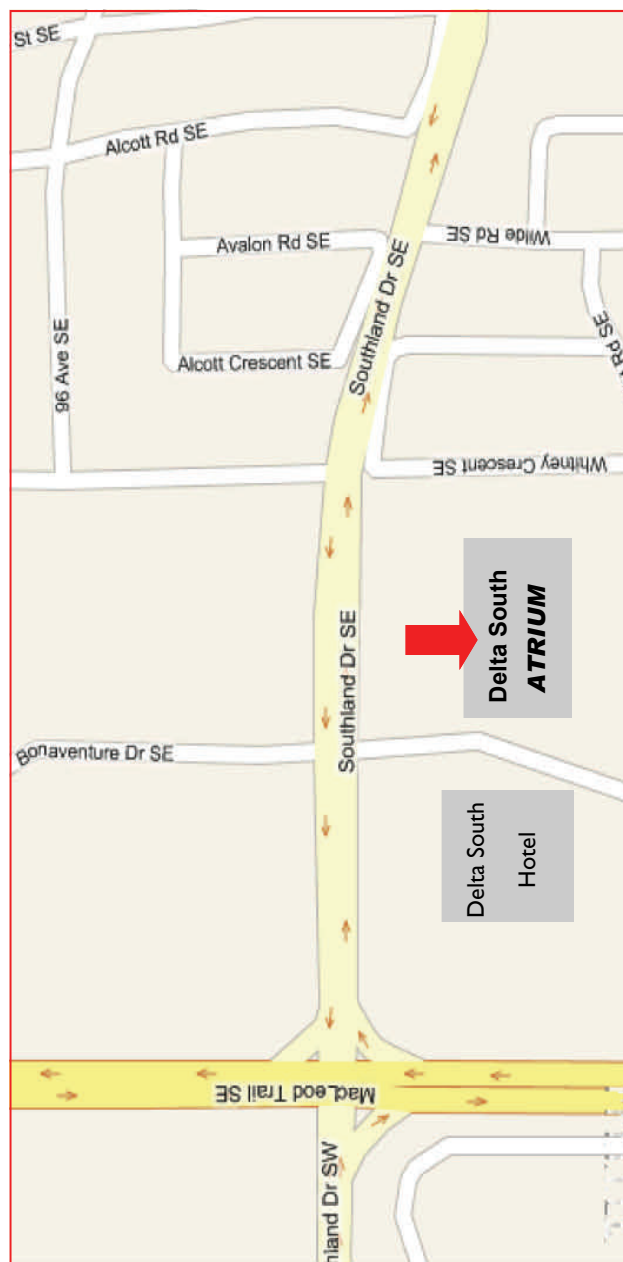
Delta toll free reservations **1-888-890-3222** or you can register online at www.deltahotels.com

Registration Deadlines

Conference + Hotel - September 22, 2010

Conference Only - October 20, 2010

Delta South Atrium Map



Make connections.

The 2010 MS Conference provides a great opportunity for everyone to enjoy an exciting day of **Seminars & Exhibits.**
Call today to register:

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MS
Connections

2010

A conference for

Albertans affected by
multiple sclerosis

October 29 & 30, 2010

Delta Calgary South - ATRIUM
135 Southland Drive SE
Calgary AB